

ABSTRACT OF THE DISCLOSURE

A method for inserting one foodstuff, such as sandwich fixings, into a second foodstuff, such as a bread bun, which includes forming a cavity in the second foodstuff. The cavity may be formed by drilling with an elongated, cylindrical drill bit. The first foodstuff is inserted into the cavity by placing the first foodstuff into a carrier, and inserting the carrier into the cavity of the second foodstuff. The carrier is withdrawn while preventing the first foodstuff from exiting the cavity. The carrier can be a flexible sheet of material, onto which the first foodstuff is placed, rolled into a sleeve, and inserted into the cavity. The resulting foodstuff, such as a sandwich, has a substantially continuous wall of bread maintaining the first foodstuff within the second foodstuff.

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